VEGGIE KID PRESENTS

VEGGIE EXPLORER

THE SUPER-COOL VEGGIE QUEST








Colour • Solve • Discover • Celebrate!

Ages 2–8 | Printable activity book

HEY, GROWN-UPS!

Your role is simple. The adventure belongs to your child.

1. PRINT & PREP

Print the pages and leave out some crayons.

2. LET THEM TRY

Your child chooses a mission and works independently.

3. READ IF NEEDED

Read short prompts for younger explorers.

4. CHEER, DON'T PUSH

Celebrate curiosity. Tasting is always optional.

KEEP THE ADVENTURE GOING

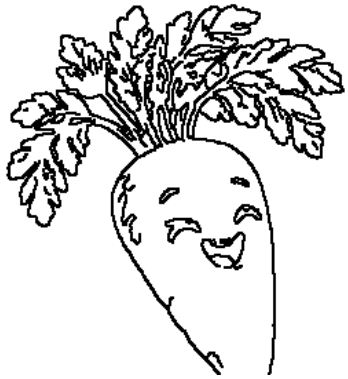
Find more recipes and playful veggie activities at smoothiekid.com.

ADULT SAFETY JOB

Supervise cutting, food preparation and any tasting.
Check allergies and age-appropriate choking safety.

01 / COLOUR CREW

Colour these veggies. Real colours or rainbow colours? Your call!



Carrot



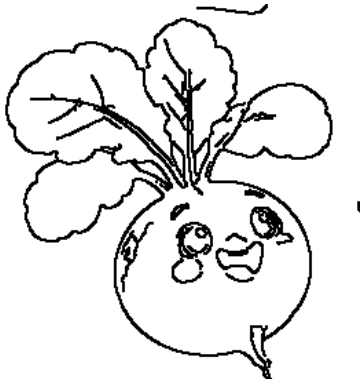
Broccoli



Tomato



Bell Pepper



Radish



Cauliflower

02 / MATCH ATTACK!

Connect each vegetable picture to its name.









Peas

Onion

Zucchini

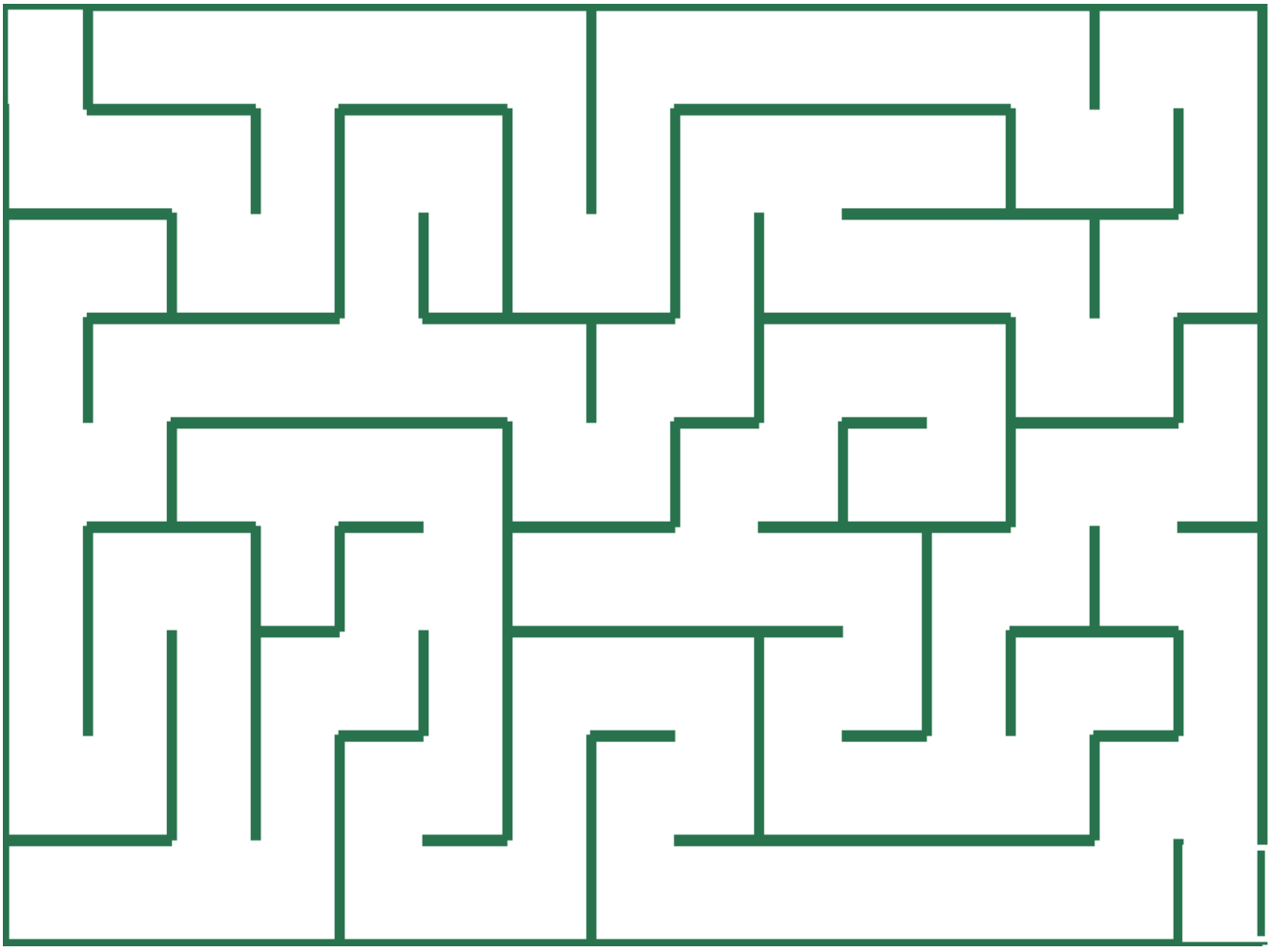
Mushroom

BONUS: Which one grows inside a pod?

03 / PUMPKIN POWER

Draw a path from START to FINISH through the maze.





START

FINISH

04 / SPOT THE VEGGIES

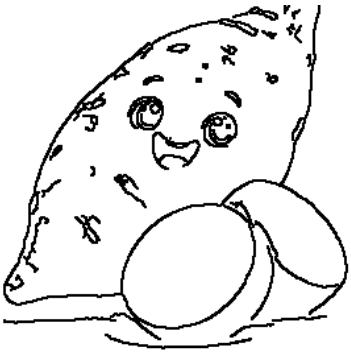
Circle CORN, AUBERGINE, CABBAGE and ASPARAGUS.



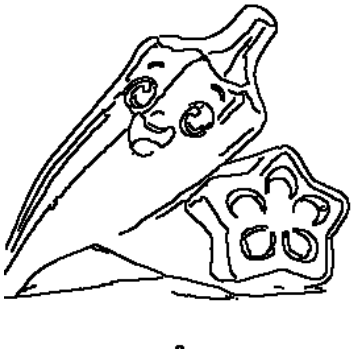
How many did you find? _____

05 / DESIGN LAB

Colour the new vegetables and draw a garden of your own!



Sweet Potato



Okra



Fennel



Artichoke

MY DREAM VEGGIE GARDEN

06 / EXPLORER PASSPORT

Every discovery counts. Colour a star for each adventure!

MY NAME: _____



MY FAVOURITE NEW VEGGIE:

_____

ONE COOL THING I NOTICED:

_____

Looking, drawing and asking questions count!

No one has to taste a food to be an explorer.

YOU DID IT!

OFFICIAL VEGGIE EXPLORER







THIS DIPLOMA BELONGS TO

_____

For being curious, creative and adventurous!

KEEP DISCOVERING AT YOUR OWN PACE

The adventure doesn’t end here!



Dear Parent,

Keep your little explorer’s curiosity growing with Veggie Kid. Discover more playful veggie activities and easy family recipes - all in one colourful club.

Discover the full Veggie Kid club

Explore 80+ recipes across 6 categories, the interactive kids’ portal, parent dashboard and handy ingredient search links for UK supermarkets, including Asda, Morrisons, Ocado and Waitrose.

START YOUR 7-DAY FREE TRIAL

Then £4.99/month. Cancel before the trial ends to avoid a charge.
Visit smoothiekid.com for current details and terms.